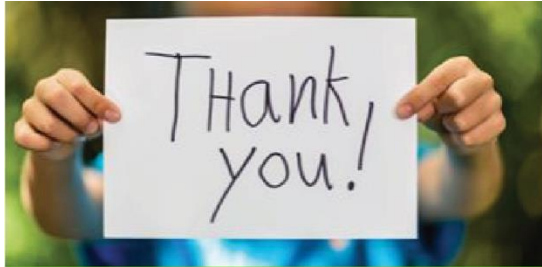


# QuickBites

YOUR MONTHLY SCHOOL NUTRITION NEWSLETTER

November 2022



Say Thank You!

Tell Us About Your School Meal Hero



## Share the Love

Our Nutrition Team works hard to provide students with meals that nourish their bodies and minds! Each month, our team plans menus that balance taste with nutrition to create school meals that students – and parents – can get excited about. Yet, these efforts can go unnoticed. Have you or your student had a positive experience with one of our school nutrition experts that you'd like to share? Help us share the love this November!

Nominate your School Meal Hero here:

<https://rethinkschoolmeals.com/nominate>

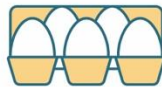


## Year-round Allergy Awareness

This time of year, there are lots of opportunities to gather around the table... But what do you do when a guest has food allergies? The most important thing is to ask your guest how you can best accommodate their needs. Something we can all do is educate ourselves on food allergies so we're more aware. And, when sending in treats to school, always KNOW and FOLLOW your school's policies regarding food allergies.

### Allergy fast facts from the School Nutrition Association:

1. There are nine foods that are responsible for 90% of food allergy reactions – milk, eggs, peanuts, tree nuts, fish, crustacean shellfish, wheat, soy and sesame.
2. Almost a third of peanut allergies and nearly 90% of egg allergies resolve by 6 years of age, according to new research.
3. Research shows minimal risk from being near commonly allergenic foods, including peanut butter.
4. Most food allergies result from an immune response to a protein.
5. When a food allergy reaction happens, time is of the essence. Responding quickly and appropriately can save a life.



Want to learn more?

Check out SNA's Food Allergy Resource Center:

<https://schoolnutrition.org/resources/featured-resources/food-allergies/>

## It's Cool to be Kind!

Did you know November 13th is World Kindness Day? Together, we can all make the world a little kinder! Spend some time together as a family planning how you can make an impact for World Kindness Day.

### You could focus on:

**Friends** – Deliver a meal

**Family** – Write a letter

**Neighbors** – Rake leaves

**Your local community** – Donate to a food pantry

**The environment** – Take a hike and pick up trash along the way

You could even find some ways to show yourself some kindness!

Click here to download a Kindness at Home program:

<https://www.randomactsofkindness.org/kindness-at-home>



We're rethinking school meals!

Join us as we celebrate the good work in schools across the country.

[rethinkschoolmeals.com](https://rethinkschoolmeals.com)



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